

Milpitas Sports Center

40

1325 E. Calaveras Blvd • (408) 586-3225

Facility Hours: Monday-Thursday, 6:00 am-9:00 pm
Friday, 6:00 am-6:00 pm • Saturday, 9:00 am-1:00 pm

The Milpitas Sports Center is a full service fitness center that offers something for everyone. Our facility includes a 22-piece fitness center, 4 pools, large gym, two dance studios, on-site child care, and a Teen Center. Locker rooms and showers are available to members. Your Drop-In fee/Fitness Pass allows you take part in any of the activities taking place during your visit (except where noted below). New members can take part in a "Fitness Orientation" to learn the proper use of and the safety elements of our Fitness Center equipment. Questions? Call us!, or drop by to see the Center in action!

Open Gym Programs

- **Weight & Exercise Room** (ages 16+)
Mon-Thur, 6:00 am-9:00 pm
Fri, 6:00 am-6:00 pm
Sat, 9:00 am-1:00 pm
- **Basketball - Open Gym** (ages 16+)
Mon-Fri, 11:30 am-1:00 pm
- **Table Tennis** (ages 18+)
Tue, 6:15-8:45 pm
Sat, 10:00 am-12:00 pm

Drop-In Sports Programs

- (\$2.00 per visit, no Fitness Pass, locker/shower or Fitness Center use)
- **Volleyball** (ages 16+)
Wed, 6:00-10:00 pm
 - **Basketball** (ages 18+)
Fri, 6:00-10:00 pm



Personal Fitness Trainer

Learn to get the most out of your workout in the Sports Center Weight & Exercise Room. Work with a Certified Personal Trainer to develop a safe and effective cardiovascular, resistance and flexibility program just for you. All enrollees must participate in a consultation (90 minutes) that includes a blood pressure check, health questionnaire and a review of medical concerns. Additional sessions are 60 minutes. Call the Sports Center at (408) 586-3225 for more information. Fee: \$60 (\$50 residents) per session.

Sports Center Fees

\$5.00 per visit or use of Fitness Pass
Fitness Pass (\$3.00 per visit):

| # of Visits | Pass Fee | Milpitas Senior Fee**: |
|---------------|----------|------------------------|
| 5-Visit Pass: | \$15* | \$7.50 |
| 10-Visit Pass | \$30* | \$15 |
| 15-Visit Pass | \$45* | \$22.50 |
| 20-Visit Pass | \$60* | \$30 |

Annual \$25 non-resident fee required

**Senior Fee is only for Milpitas residents, ages 50 and older.



Aquatics Programs

- **Lap Swim** (ages 16+)
Mon/Wed/Fri, 6:00-8:00 am
Mon/Wed/Fri, 11:30 am-1:30 pm
Mon-Thur, 6:00-8:00 pm
Sat, 10:00 am-12:00 pm
Tue/Thur, 11:30 am-1:30 pm (June 23-August 28)
- **Water Exercise** (ages 14+)
Mon/Wed/Fri, 6:45-7:45 am
Mon/Wed, 6:00-7:00 pm
Tue/Thur, 7:00-8:00 pm
Sat, 10:00-11:00 am
- **Arthritis Foundation Aquatic Program** (ages 14+)
Mon/Wed/Fri, 4:30-5:30 pm

Swim instruction for drop-in programs and child care will **not** be provided. **No children allowed at pool side while adults are using the facility.**



Aerobic Programs

- **Kickboxing** (ages 14+)
Mon, 5:45-7:00 pm
- **Fit Over 50 - Senior Aerobics**
Mon/Wed/Fri, 9:00-10:00 am
Mon/Wed/Fri, 10:00-11:00 am
- **Interval Aerobics** (ages 14+)
Wed, 6:30-7:45 pm
- **Pilates** (ages 14+)
Tue/Fri, 5:45-7:00 pm
- **Step Aerobics** (ages 14+)
Mon, 6:30-7:45 pm
Thur, 5:45-7:00 pm
- **Total Body Toning** (ages 14+)
Wed, 5:45-7:00 pm
Sat, 9:15-10:30 am
- **Yoga** (ages 14+)
Beginning: Mon, 7:15-8:30 pm
Gentle (Seniors): Tue, 10:00-11:00 am
Hatha (mixed): Thur, 7:00-8:15 pm

Kid Fit - On Site Child Care

Kid Fit provides child care for Sports Center members during their workouts. Call for more details and rules.

Kid Fit Hours:

Mon-Wed, 5:00-8:00 pm

Fee is \$2.00 per child per visit.

Please Note: Some programs allow participants ages 14-17 to participate. Those participants require a parent or legal guardian present while attending the program.

New and Improved Walking Program!



Get in shape with the Great Strides Walking Program. This program is offered in conjunction with Kaiser Permanente Medical Group, the GreatMall and the City of Milpitas. Walkers meet at 8:30 am on Mondays and Wednesdays at the GreatMall's Great Eats Court. If walkers are unable to attend during these designated times, they are welcome to walk when their schedule permits. Membership is free and registration is ongoing. Membership includes membership packet, quarterly breakfast events with guest speakers and various health services and incentive prizes for mileage milestones. **For more information, call the Milpitas Sports Center at (408) 586-3225. TDD users call (408) 942-3289.**

Basketball Leagues

Summer Basketball 2003

Play begins June 24
Up to 7 teams per league
6 game season plus playoffs
Registration Packets were available April 28
Registration period: May 19-23

Nights of Play

Tuesday
Thursday

Summer Basketball League Fees:

\$375 Resident Teams (51% Milpitas Residents, proof of addresses required)
\$400 Resident Corporate and Resident Church Teams
\$425 Non-resident Team



Softball Leagues

Summer Softball 2003

Play begins July 7
Up to 7 teams per league
6 game season plus playoffs
Registration Packets available May 12
Registration period: June 9-13

Nights of Play

Men's D - Monday
Coed D - Tuesday
Coed E - Wednesday
Men's E - Thursday

Summer Softball League Fees:

\$375 Resident Teams (51% Milpitas Residents, proof of addresses required)
\$400 Resident Corporate and Resident Church Teams
\$425 Non-resident Team



Milpitas Sports Center 41 Drop-In Gym Program

Basketball

Adults - Friday, 6:00-10:00 pm

18 years and older - \$2.00 per person
(Does not include use of locker room, shower or other areas of Fitness Center)

Teens - Saturday, 6:00-10:00 pm

13-17 years - \$1.00 per person
Teens: ID required for proof of age
Teen Program info - Call (408) 586-3296

Volleyball

Wednesdays, 6:00-10:00 pm

16 years and older (parent/guardian required for 16-17 year olds at the program)
\$2.00 per person
(Does not include use of locker room, shower or other areas of Fitness Center)

Call (408) 586-3225 for information.

League Registration

Registration packets for adult softball and basketball leagues can be picked up at the Milpitas Community Center or Sports Center. Registration materials will only be accepted at the Sports Center. To have a packet mailed to you, or to be added to the mailing list, call Milpitas Recreation Services (408) 586-3225.